

HACKERS BRIEF

from CyberWyoming

FAKE AMAZON PHONE CALL

A Laramie citizen wants you to know that fake Amazon phone calls are coming from a Rock Springs phone number. These calls are recorded messages that claim they are confirming a purchase of an Apple MacBook Pro for \$1499. Do not press a number to speak to the customer representative. Amazon doesn't have an office in Rock Springs and it is always safer to get online with your actual Amazon account to check your order history.

TWITTER VERIFICATION

Scammers are targeting Twitter users, who have blue-badge check mark verification (which anyone can get subject to checks). The crooks send direct messages saying the victim's badge has been suspended and that they must complete an appeal form, which calls for their sign-on and other details. Twitter doesn't send messages like this, so if you get one, it's a scam. Brought to you by Scambusters.org.

PHONE SCAM LOSSES

Sixty-eight million Americans handed over almost \$40 billion to phone scammers last year, according to a new report from Truecaller. Fraudsters offering fake or overpriced vehicle warranties and Medicare tricks were the most common scams. Brought to you by Scambusters.org.

FTC WORK FROM HOME SCAM ALERT

Scammers, pretending to be companies, have been reaching out to people offering at-home employment. Remember that if a company asks for sensitive information (like your SSN) before they hire you, say they need you to make an upfront payment, or sends you a (fake) check and asks you to buy stuff with it, then it is a scam. Protect yourself by looking up the company's name, email address, and phone number plus the words "scam," "review," or "complaint."

DOGGY TALES

Don't be taken in by that appealing online photo of a supposed dog breeder when you're shopping for a pet. Scammers have been stealing online photos of dog owners cuddling their pets and using them in social media ads. Research any supposed breeder thoroughly before making that buy decision. And beware of "sellers" saying they can supply your new pet immediately. There are waiting lists for most popular breeds like Labradoodles. Brought to you by scambusters.org.

NOT SO CLEAN

You're renting a vacation home when a "cleaner" arrives supposedly to change the towels. Don't let them in unless you're expecting them and follow them around the place while they do the job. If not, they may be planning to clean out more than the towels! Brought to you by scambusters.org.

LINKEDIN SCAMS ARE SOARING

According to scambusters.org, scams on or about LinkedIn have increased 200% in the first half of 2022. Besides phony LinkedIn emails (ex. your name appeared in 12 searches this week), be extra suspicious on LinkedIn. If you receive a message from an existing contact and the message seems a bit off, be cautious because their account could have been compromised. If you receive a message from a new contact, confirm that they really were reaching out to you via an out of channel method. Look up their company's website and call there to confirm. And to protect your own LinkedIn account from being compromised, enable 2-factor authentication.

WRONG NUMBER

Watch out for messages that ask you to call a phone number beginning with **67* followed by 10 more digits. This trick, which has been seen on WhatsApp recently, forwards all your calls to that 10-digit number. Scammers use it to set up new accounts in your name and pick up the second factor authentication number that WhatsApp sends out. Brought to you by scambusters.org.

AARP TRAVEL SCAM ALERT

Five-star travel deal? Or no-star travel scam? Watch out for below market value travel booking sites, a hard to find rental car, or paying up front for either – especially off the travel application. Scammers have created bogus websites. Learn more at <https://aarp.info/fwnsta>.

MS-ISAC AND CISA PATCH NOW ALERT

The Multi-State Information Sharing and Analysis Center (MS-ISAC) or the Cybersecurity & Infrastructure Security Agency (CISA) has published a patch now (update your software) alert for Splunk's Enterprise Deployment Server, WatchGuard's Firebox and XTM appliances, Mozilla's Firefox browser, Mozilla's Firefox ESR browser, and Mozilla's Thunderbird email client products. If you use these products, make sure the software (or firmware) is updated.

DATA BREACHES IN THE NEWS

American Marriage Ministries, PFC (Professional Finance Company) USA – a debt recovery company that services over 650 healthcare providers, BWI Airport Marriott, Mattax Neu Prater Eye Center, California State Website for Gun Permits, Geographic Solutions Inc, OpenSea – nonfungible token marketplace, Fitzgibbon Hospital (Missouri), Indiana University Health's third party vendor MCG Health, Flagstar Bank (Michigan), Robert Half (Maine), Texas Tech University Health Sciences Center via a third party vendor called Eye Care Leaders, BeanVPN, Comstar (ambulance billing service), Kaiser Permanente, and Yuma (Arizona) Regional Medical Center.

Other ways to report a scam:

- Better Business Bureau Scam Tracker: www.bbb.org/scam-tracker/us/reportscam
- File a complaint with the Federal Trade Commission at ftc.gov/complaint
- Report your scam to the FBI at <https://www.ic3.gov/complaint>
- Reported unwanted calls to the Federal Trade Commission's Do Not Call Registration. Online at <https://complaints.donotcall.gov/complaint/complaintcheck.aspx> or call 1-888-382-1222, option 3
- Office of the Inspector General: <https://oig.ssa.gov/>
- AARP Fraud Watch Network (any age welcome) Helpline 877-908-3360
- IRS: report email scams impersonating the IRS to phishing@irs.gov
- Call the Wyoming Senior Medicare Patrol (SMP) for assistance with potential Medicare fraud, abuse, or errors at 800-856-4398

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

Start making emergency plans today

In an emergency situation, it is easy to feel like you are free-falling with no help in sight. Having the forethought of being prepared can give you peace of mind. What do you and your family need in case of an emergency?

Earlier this spring, AARP, in conjunction with a local church, sponsored an emergency preparedness training to answer just that and will



STELLA MONTANO

have another free training later this fall to help our community. Training consisted of speakers on emergency preparedness, local resource information and breakout sessions for hands-on learning.

In the meantime, beginning at home with just a few items can get you started as well as any loved

one(s) who are in your care. Have a folder or small, three-ring binder with all medical information listed for EMS, including patient's name, date of birth, health care provider information, health insurance, emergency contacts, medical conditions, allergies and a list of all current medications. Any special equipment should also be listed, such as hearing aids, glasses, dentures, etc.

In an emergency situation, people are naturally very stressed and anxious about their well-being and may have a hard time answering important questions. Grabbing this easily accessible folder will help answer any potentially life-saving questions in the event of an emergency.

Creating a support network for yourself can also be very helpful. Consider a neighbor, friend or relative that is close by. If you live in a building with an elevator, you must have a plan in case the elevator is not in operation. Who will help you get to a safe place?

If you have to shelter-in-place, a basic emergency kit should include: a battery-powered or hand-cranked radio, flashlight and extra batteries, first aid kit, three-day supply of bottled water (have one gallon per family member per day), and three-



COURTESY PHOTO | METRO CREATIVE CONNECTION

In July, it's hard to think of an emergency winter kit for your vehicle. However, now is a great time to get that kit together.

day supply of nonperishable foods (a few suggestions include pre-packaged tuna, beans, cheese and cracker snacks, high fiber/protein granola bars, and dried fruits). You should also include foods to help with low blood sugar, such as hard candy, juice or glucose. It is also important to have a one-week supply of medications and medical supplies to cover those likely to shelter-in-place. That includes any supplies for our furry loved ones: our pets.

In July, it's hard to think of an emergency winter kit for your vehicle. However, now is a great time to get that kit together. There are various types of kits sold, but you can create your own. Start with a few things that can be kept in the trunk or under a seat, out of the way, but still easily accessible. Items could include an ice scraper, collapsible shovel, bag of

sand or kitty litter for extra traction, flashlight and extra batteries, phone charger, candle and matches, blankets/sleeping bag, extra cold-weather clothes, snacks and water, first aid kit and set of jumper cables.

Many people have survived in their vehicles because they carried emergency items. We live in an area where our weather can be very unpredictable. Many of us have been caught off guard in an unexpected whiteout storm.

We will make sure to advertise the next AARP sponsored emergency preparedness workshop. This workshop will be free and open to the public. Start making your emergency plans today!

STELLA MONTANO is a volunteer with AARP's Sheridan Action Team and a former caregiver program manager at The Hub.

Couple married for 74 years says patience is key

SPARTANBURG, S.C. (AP) — Arthur Cummings met Mary Allen at a company picnic and then later went on a trip with her family to Atlanta. That's all it took for the tiny spark between them to become a flame.

The couple fell in love and have been together ever since. They married on June 26, 1948, at the home of Mary Allen's parents in Spartanburg County.

Arthur, 99, and Mary Allen, 97, now live at White Oak Estates in Spartanburg, and still, have fond memories of how they met and the

day they got married.

"We're just lucky," Arthur said when asked if there was a secret to having a long and happy marriage. "We have been blessed to have good health and fortunate."

"Patience," Mary responded. "But we're really happy together."

The couple recently was sitting beside each other in their retirement room as they looked at pictures highlighting their years together. Their affection for each other is still strong. At times, they held hands and

moved in close to each other as they looked at some pictures dating back to when they were married to recent photos of them celebrating their 74th wedding anniversary.

Arthur said they met at the Fair Forest Finishing Company in Spartanburg County, and he knew she was the one. Their love for each other has only deepened over the past 74 years. "She was working in the lab, and I was working as a trainee. We had a picnic and that's where I met her," Arthur Cummings said. "I was dating another girl before her."

Arthur's past relationship didn't last much longer when Mary invited him on a trip to Atlanta.

"In conversation, I told him that we were going to Atlanta to see my brother. Arthur had said he also had a brother in Atlanta," Mary Cummings said. "That was it. We went to Atlanta but never saw the brother. Arthur stayed with us in Atlanta, rode back home with us and we had been married ever since."

When the couple married in 1948, Arthur was 25 and Mary was 23. Unfortunately, they had an obstacle to face during their engagement because of their different religions.

"I was a Catholic and she was a Methodist," Arthur said. "We went to the priest and the minister and both of them said we weren't going to work. Our marriage wasn't going to make it."

The happy couple proved them wrong and beat the odds. Together, the couple raised five children and

their family continues to grow with grandchildren and great-grandchildren.

"It was hot as hell," Arthur said regarding their wedding day. "We married at her mother and daddy's house and it didn't have any air conditioning."

Before they retired, the couple enjoyed playing golf. Arthur said they played on 100 different golf courses together. They would take many trips to play golf, including to Hawaii where the courses were covered with volcanic black lava rocks. Their daughter, Nancy Humphries, said she could sense the spark the couple shared with each other.

"You always knew that these two were each other's best friends. They put each other first," Humphries said. "I have never seen them argue. I'm sure they have argued behind closed doors but I have never seen them raise their voice at each other."

It's not just family who can see the bond the couple has. Sharion Otey has been a friend to the couple since 2014 and is even considered a part of the family.

Arthur and Mary Cummings talk about the day they got married on June 26, 1948.

"It's the love they have for each other," Otey said. "It doesn't matter where they're at, as long as they're together."

The bond the couple share is truly remarkable, and the couple acknowledges it. So what is their secret for being married for 74 years?

"You have to find the right woman," Arthur said. "And I found a good one."

DINING ROOM HOURS:
Monday-Friday • 8:00 a.m.-4:00 p.m.

BREAKFAST
7:00-9:00 a.m.

LUNCH
11:30 a.m.-1:00 p.m.

Entrée choice or soup/salad. Entrée only offered for home delivered meals.

<p>TUESDAY, JULY 19</p> <p>Hungarian goulash Green beans French bread Strawberries and cream</p>	<p>WEDNESDAY, JULY 20</p> <p>Turkey club sandwich Broccoli salad Potato chips Fruit</p>	<p>THURSDAY, JULY 21</p> <p>Chicken fried steak Mashed potatoes and gravy Vegetable medley Melon</p>
<p>FRIDAY, JULY 22</p> <p>Ham and macaroni bake Brussel sprouts Fruit cocktail</p>	<p>MONDAY, JULY 25</p> <p>Beef stroganoff Egg noodles Vegetable medley Roll Fruit</p>	<p>Renew your registration now! Updates are subject to change.</p>

Find us on the internet at www.thehubsheridan.org or on Facebook: The Hub on Smith, a Center for All Generations.

Front desk: 307-672-2240 Housing: 307-675-4957
Home delivered meals: 307-672-6079 Fun and wellness: 307-675-4952
Loan closet: 307-672-1769 Help at Home services: 307-675-1978
Support center: 307-675-4954 Day Break adult care services: 307-674-496